



## Family Matters – You Are Not Alone!

### Community Involvement

No community is immune to heroin or prescription opioid addiction. Heroin and substance abuse is a problem in rural, suburban and urban communities across the state. Public awareness and community involvement are key factors in addressing the heroin epidemic. No one can stop the problem on their own, but when a community comes together to address the problem of opioid and heroin addiction, they can accomplish great things.

Let's come together to **#CombatAddiction**. It's going to take all of us. You're a friend, student, teacher, spouse, sibling, parent, athlete, coach, healthcare professional, police officer, crossing guard, dance instructor, retailer, street vendor, etc. the list is endless. We all have a role in #CombatingAddiction and getting educated is the first step.

Addiction can happen to anyone, any family and at any time. It can be intimidating and overwhelming to identify a substance use disorder (SUD) and even harder to admit when there is a problem. Learning to recognize the signs of addiction is critical. Educate and empower yourself with tools and resources about addiction so that you can help someone in need. You are not alone on this journey.

There are a variety of people, organizations and various levels of care available, often nearby, to assist you. The [NYS Combat Addiction webpage](#) provides information, help and support resources.

### Get Involved:

- Contact your local [OASAS prevention provider](#).
- Contact your local educator and health care professional.
- [Important Communication: Learn about the Kitchen Table Toolkit](#)  
The [Kitchen Table Toolkit](#) was developed to assist parents, teachers, counselors and the community with guidance on how to initiate conversations about heroin and opioid abuse. The information in the toolkit may also be applicable for alcohol and other drugs. Videos and guidance documents were developed to assist with a community forum or a personal conversation.
- Talk to your local Parent Teacher Association (PTA).
- Talk to your school officials and teachers about how you can support their efforts.
- Promote medication drop box sites and any special events to dispose of unused and expired medications properly. Find a drop box by your [location](#) or [county](#).
- Talk to your healthcare provider to understand the risks of controlled substance prescription medications is important to know. This [fact sheet](#) will highlight the facts, risks, warning signs, how to access help, and the proper disposal of controlled substance medications.
- Consider taking an [opioid overdose prevention training](#) and receive a free responder kit - naloxone.
- Learn about the role of [non-EMS Fire Departments](#) in addressing opioid overdoses.
- Call the OASAS HOPEline at 1-877-846-7369 to find help.

Providing information and disseminating educational materials to the greater community regarding drug and alcohol abuse is an essential deterrent to substance abuse. Although Information alone may not be enough to prevent substance abuse or change behavior, when combined with proper enforcement and public awareness it can create healthier communities.

## Addiction can happen to anyone, any family, at any time. There is help available.

People or families who need help with substance abuse can call the toll-free Office of Alcoholism and Substance Abuse Services HOPEline at 1-877-846-7369 to speak with a trained medical professional. HOPEline staff can answer questions and help people find treatment 24 hours a day, seven days a week. All calls are confidential.

### Family Resources

Reaching out to others who have had similar experiences with substance use disorder is oftentimes a good first step as they may be able to share lessons learned and recommendations for obtaining treatment. In addition to talking to someone you know, you may also want to reach out to other professionals for information. Consider talking with your Employee Assistance Program, Family Physician, Faith Based Organizations, School Guidance Counselor or Insurance Provider.

### Out-Patient Addiction Treatment Providers in Washington & Warren Counties

#### Glens Falls Hospital – Center for Recovery

340 Main Street, Hudson Falls 747-8001

35 Gilbert Street, Cambridge 747-8001

79 North Street, Granville 747-8001

101 Ridge Street, Glens Falls 926-7200

#### 820 River St., Inc.

551 Bay Rd Queensbury 798-4221

#### Conifer Park, Inc.

55 Elm Street, Glens Falls 793-7273

**You can save a life with Narcan training.** This free training is offered at the Council for Prevention, 10 Lacrosse Street in Hudson Falls. It is held on the third Wednesday of the month from 3 pm – 4 pm. Residents can learn how and when to administer the lifesaving antidote that can reverse the fatal effects of an Opioid overdose and save a person's life. Learn the signs and symptoms of heroin and opioid overdose. Learn how to use Naloxone (Narcan) to respond to an overdose. Each individual will receive an Intranasal Naloxone kit as part of the training. Please register for this training by contacting Amanda West at 518-746-1527.

**THE NARANON FAMILY GROUPS** Addiction is a family disease. It affects the relationships of those close to the addict: parents, spouses, siblings, children, longtime friends, and employers. If someone's addiction is affecting you, first you must help yourself. Nar-Anon is a twelve step support group for families and friends of addicts. There are no dues or fees to join. Just come to a meeting. You will hear others, who are going through similar problems, talk about how they cope and find recovery.

**The family support groups listed are non-denominational.**

#### **MONDAYS AT 7PM - BALLSTON SPA – New Hope Group**

First Presbyterian Church

22 West High Street, Ballston Spa, NY 12020

Call Cathy at (518) 944-1196

Email: [newhope-info@delmartian.com](mailto:newhope-info@delmartian.com)

#### **TUESDAYS AT 7PM - COLONIE – Never Alone Group**

Colonie Christian Life Center

31 Vly Road, Albany, NY 12205

Call Ellen at (518) 436-5859

Email: [neveralone-info@delmartian.com](mailto:neveralone-info@delmartian.com)

#### **WEDNESDAYS AT 7PM - DELMAR – Steps to Serenity Group**

Delmar Reformed Church

386 Delaware Avenue, Delmar, NY 12054

Call Darla at (518) 505-5682

Email: [stepstoserenity-info@delmartian.com](mailto:stepstoserenity-info@delmartian.com)

#### **WEDNESDAYS AT 7PM - GLENS FALLS – Steps to Hope Group**

Pine Knolls Alliance Church

614 Gansevoort Road, South Glens Falls, NY 12803

Call Judy at (518) 796-0694

Email: [stepstohope-info@delmartian.com](mailto:stepstohope-info@delmartian.com)

#### **THURSDAYS 7PM - MECHANICVILLE - Journey of Hope Group**

St. Luke's on the Hill

40 McBride Road, Mechanicville, NY 12118

Call Julie Ann@ 365-1261 or

Email [journeyofhope-info@delmartian.com](mailto:journeyofhope-info@delmartian.com)

#### **Mondays 6PM –TICONDEROGA - New Beginnings**

The Drug Prevention Center

173 Lord Howe Street, Ticonderoga, NY 12883

Call 518-585-7424 or email [team@preventionteam.org](mailto:team@preventionteam.org)